

February 18th

- [Home](#)
- [About Theresa & Friends](#)
- [Theresa's Books](#)
- [Contact](#)
- [Subscribe](#)
- [Newsletter Archives](#)

[Subscribe by RSS](#) [Subscribe by Email](#)

theresa albert - my friend in food

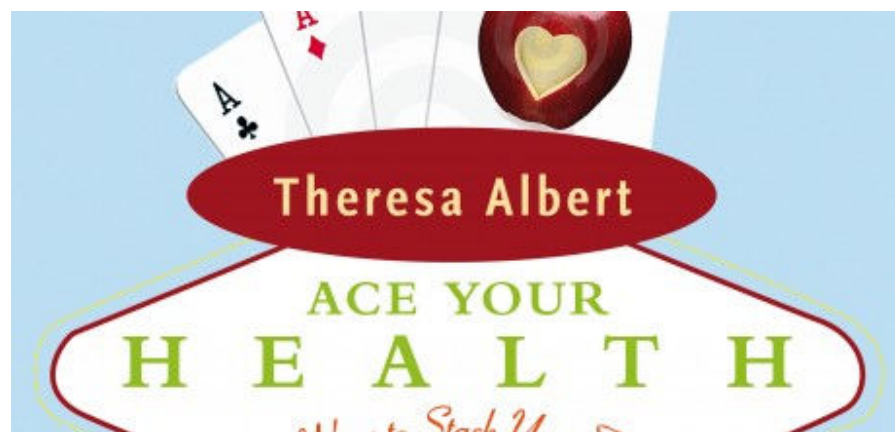


- [Food](#)
 - [Food Thoughts](#)
 - [Nourishment](#)
- [Recipes](#)
 - [Weekly Meal Solutions](#)
 - [Sunday Supper](#)
 - [Second Supper](#)
 - [Ready to go protein](#)
 - [Ready to go veggies](#)
 - [Ready to go carbs](#)
- [Wellness](#)
 - [Laughs](#)
 - [Horoscope](#)
 - [Comic Strip](#)
 - [Teen Scene](#)
 - [Travel](#)
 - [Emotional Health](#)
- [Ace Your Health Bloggers](#)
 - [Type Ace Personality](#)
 - [Aces On The Run](#)
 - [Ace-ing My Way Forward](#)
- [Videos](#)
- [Contests & Promotions](#)

[home](#) > [Ace Your Health Bloggers](#)

PRINT ARTICLE Ace of Spades

by [Heather](#) · [Wednesday 19 January 2011](#) · [3 Comments](#)



I am starting the year off on a peculiar footing. In search of better health, I am breaking one of my fundamental principles in life – never write in a book. Not in the margins. Not on the top of the page. Nowhere. I have lived by this doctrine throughout my high school, university and adult lives. Books are sacred to me and I have never tarnished their pages with my scribble. From the Holy Bible to Diary of Anne Frank and from Twilight New Moon to Jamie Oliver’s Food Revolution my books are worshipped and mark free.

That was until Theresa Albert sent me a copy of Ace Your Health and I immediately found myself urgently reaching for a pen. Sure, there are tasks that need completing, but my fall from grace began in the introduction. I just wanted to write notes and highlight important parts I need to remember. First paragraph saw me underlying – “50% of us are overweight or obese...” Yup, I think I fall into that category – so I underlined it and wrote: I want to lose 20 pounds. Right there I wrote it – smack dab on page 9.

Then came my weekly challenge – the Ace of Spades. And here it was that I furiously scrawled and highlighted important sections. You see I hate breakfast. I never want to eat in the morning. I dislike most breakfast flavours and I am usually too rushed in the morning to even contemplate preparing my meal. So I skip it, opting for a trusted cup of coffee and maybe some pita and hummus a few hours into my day.

But, then I read “skipping breakfast is the single largest predictor of becoming overweight...”. Oh dear – my belly flab is testament to that! So again I highlight and write: Must eat breakfast. It’s one thing to think it, another to write it. In my mind, once written, there is no going back. So, I have to eat breakfast. Maybe Theresa is planning a fry-up consisting of eggs and bacon? A girl can dream for a few paragraphs, right?

Alas, there it is – yogurt and Magic Muesli. Oh. Dear. Me.

But, I am not deterred; I can and will do this. I use to like yogurt and I am sure homemade muesli is much tastier than the stuff I have bought at the grocery store. Who cares if it contains white chia seeds and hulled hemp seeds. Sure I have never tried them, but never judge until you taste. One may cringe at the thought of eating chicken feet or frogs legs, but I love them both.

The next day I find myself perusing the isles of my local grocery store. And there I find my needed ingredients. Nice. Then it’s off to the yogurt area for my weekly challenge – the yogurt chart.

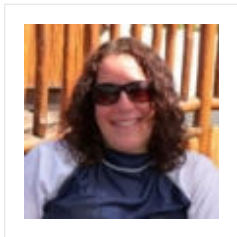
| Type of Yogurt | Olympic Plain Fat-Free | Liberte Vanilla 3.5% MF | President's Choice Blue Menu Strawberry Smooth and Crunch |
|----------------|------------------------|-------------------------|---|
| Calories | 80 | 160 | 210 |
| Fat (g) | 0 | 3.5 | 3 |
| Sugar (g) | 9 | 22 | 21 |
| Protein (g) | 8 | 9 | 10 |
| Calcium (%) | 25% | 15% | 25% |

**all based on 175g

And all I can think is – you have got to be kidding me. I need to eat fat free yogurt. Dear me, please taste better than fat free sour cream or fat free cottage cheese. Those taste like milky cardboard. Please, please do not tell me that is the future of my mornings!

So it begins – the very next morning. I look at Tim (my darling husband) and declare – if I am doing this, so are you. Strength in numbers I say. The journey may be mine, but his support is required as I walk down this path. Luckily he is more than willing (perhaps his little paunch is propelling him to accompany me). Together, we wake up a little earlier, sit together at the table before the kids waken, and dig in. And you know what, it wasn't so bad. It took a few bites to get use to the flavour, and it will take a few days for my system to adjust, but it wasn't so bad. No kidding.

I can do this. I think there are a few things at play here. New habits, new foods, and defeating old mind games. From where I stand, I actually think this breakfast thing may be my biggest hurdle. But I am jumping over it and will keep doing so, until the hurdle is little more than a crack in the pavement.



Heather

Heather Lochner is a mother to two wonderful and energetic children and a freelance writer. Together with her children, husband and dog, she has recently relocated to Toronto after spending 15 years on the West Coast – many of which were spent living aboard her sailboat. Heather loves to exercise but always finds a reason to sit on the couch. While she knows carrots, whole wheat pasta and lean meat are good to eat, Heather loves to munch on a burger, chicken wings and poutine. Heather loves to cook, but is notorious for ruining every batch of chocolate chip cookies. She looks forward to seeing what's in the cards during this Ace journey....www.heatherlochner.com

[Tweet this post](#)
 [Post to Facebook](#)
 [Digg this!](#)
 [Share on Reddit](#)
 [Add to Delicious](#)
 [Stumble this](#)
[Google Buzz](#)
[Yahoo Buzz](#)
[Post to Technorati](#)
[Share on LinkedIn](#)
[Email a friend](#)

3 Responses

Theresa Albert

January 20, 2011 at 11:10 am [Reply](#)

You are right Heather! Breakfast is the biggest hurdle for most which is another reason why it is up first as the Ace of Spades. Keep going...

Marci

January 20, 2011 at 12:30 pm [Reply](#)

Glad I am not the only one who had a little *adjustment* period!! But now- seriously- I am hooked!! Your comment about books being sacred made me laugh – I am the OPPOSITE!! All my books are marked, hi-lighted and crumbly...NOBODY loans me books anymore,I am a disaster....

Teresa

January 25, 2011 at 12:09 pm [Reply](#)

Breakfast = a cup of coffee (trying to change), but this week I have also started the breakfast thing even if it means bringing muesli to work because I have gone to gym in the morning. Keep up the good work Heather – we miss you and love that we can connect through your blog and ‘healthy eating’!

Leave a Comment

Name

Email

Website

[<< Previous Post](#) [Next Post >>](#)



-
-
- [subscribe to our free my friend in food newsletter](#)

• Categories

- - [Ace Your Health Bloggers](#)
 - [Contests & Promotions](#)
 - [Food](#)
 - [Recipes](#)
 - [Videos](#)
 - [Wellness](#)
 - [popular](#)
 - [latest](#)
 - [comments](#)



Book Reviewer Wanted

Theresa Albert

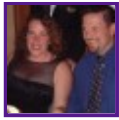
Thursday 10 February 2011 . (12)



(Yeasty) King of spades

Marci

Monday 31 January 2011 . (10)



Tinkerbell and the Ten of Spades

Heather

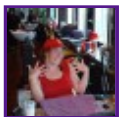
Monday 7 February 2011 . (9)



Hold The Fries Please

Dave & Anita

Tuesday 11 January 2011 . (7)



Jack of Temptation

Heather

Monday 31 January 2011 . (7)

• **Make Chicken Safe!**





About Theresa Albert

About Theresa Albert

Theresa Albert takes on the challenge of demystifying myths surrounding food and health. Health is not supposed to be THAT hard. Definitely not a finger wagger, as a registered nutritionist, Theresa Albert, DHN, RNCP, has a passion for simple, honest solutions to today's lifestyle choices. She has ...

Follow On Twitter

theresaalbert: @weewelcome @AlisonBurke @JoAnneWallace ya, cuz when we r together I can't get a word in edge wise! (Is that one word?)

[12 minutes ago](#)

theresaalbert: @JoAnneWallace @weewelcome its going well! Did u see the Vancouver sun interview? Google it!

[13 minutes ago](#)

Archives

- [January](#)
- [February](#)

- [Privacy Policy](#)
- [Terms & Conditions](#)